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<p>] 10.380.00. 2002 ColdPlay The Scientist [A Rush of Blood to the Head]

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div><div><div>That means zone 2 cardio can be running

, brisk walking, cycling, swimming, rowing, skating, and elliptical training<

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;</div><div><a data-ved="2ahUKEwj4qKmp_8yDAxWvE0QIHYbeBdoQFn

oECAEQBg" href="{href}"><div>Zon

e 2 Cardio Training: What Is It, Benefits, Examples - Women's Health</spa

n></div><div>womenshealthmag : fitness

 : zone-2-cardio</div></div></div></

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div><div>Heart rate method□□ Dr. Luks says you can get a rough estima

te of your own heart rate cutoff for zone 2 if you know your max heart rate (max) Tj T*□□BT /F1 12 Tf 5

your max HR. Zone 2 is around 65-75% of your max HR.&lt

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; href="{href}"><div>Zone 2 Heart Rat

e Training: A Way to Enhance Endurance and Promote ...</div>&

lt;/span><div>blog.insidetracker : zone-2-heart-rate-train

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